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Celebrity Buzz



Lohan,
Ronson
are no
more
pg 22

Toronto group says Calgary is the best city

URBAN T.O. thinks Calgary is A-Ok.

A study commissioned by the Toronto Board of Trade has singled out Cowtown as the best city among 21 major urban centres for quality of life and economic potential.

Calgary was given an A rating, the only one among the array of international cities, thanks to what had been a robust economy when the study was conducted in 2007.

Mayor Dave Bronconnier said he wasn't surprised by the ranking.

"I think it's pretty impressive coming from the Toronto Board of Trade that Calgary is number 1," the mayor crowed.

Toronto scored a C.

METRO CALGARY

Entertainment pg 20

The best movies for Easter time

Automotive pg 12



Rav4 has lots
of features



Alberta Minister of Finance and Enterprise Iris Evans presents the government's budget in the Alberta legislative assembly yesterday.

DAN RIEDLHUBER/REUTERS
**Evenings,
weekends
free for LRT
parking lots**

SHAWN LOGAN
for Metro Calgary

COUNCIL Transit users who park at LRT lots on evenings and weekends won't be stuck with a recently imposed \$3 fee, council decided yesterday.

Despite warnings from city administration that the expected impact of lifting the fee during off hours would cost \$1.5 million in revenue and may result in service cuts, aldermen narrowly voted to give park and ride users a break.

With the city's budget finalized later this month, officials will now look for ways to cover the loss of revenue.

Ald. Joe Connally said Calgarians headed to the core for a night on the town will likely not bother with taking transit because with the \$3 fee they will actually spend more riding the LRT.

"If these park and rides are sitting empty on evenings and weekends then we don't look very intelligent," he said.

But some aldermen raised concerns that slashing the new revenue streams may impact implementing recommendations from a sweeping transit safety audit.

Budget highlights

- \$23.2 billion over three years for health facilities, schools and roads, carbon capture and storage and GreenTRIP.
- 3.7 per cent increase in operating spending to address population growth and inflation.
- Tobacco tax increases (\$3 per carton) and a liquor markup — the first tax increase of its kind in six years.
- \$36.4 billion in spending in 2009-10; \$31.7 billion in revenue (projected).
- Unemployment forecast: 5.8 per cent in 2009; 6.5 per cent in 2010.

Despite the grim reality facing officials, Finance Minister Iris Evans delivered the news with optimism yesterday.

"In terms of the global recession, we're riding uncertainty on a tidal wave, and we're in the best boat possible," she told reporters.

Rather than borrowing from banks and accruing in-

terest, over \$2 billion will be drawn from the "rainy day" sustainability fund to ease the burden.

"I don't think anyone celebrates having to spend dollars they'd saved for a rainy day, but, we're fortunate to be able to do that in a situation with lower energy rev-

enues and lower anticipated tax revenues. If we had just cut the budget, Alberta would be in huge turmoil," Evans said.

While Evans and Treasury Board president Lloyd Snelgrove wouldn't define how an additional \$2.2 billion will be raised, the min-

ister suggested personal taxes wouldn't be subject to increase, though "no stone will be left unturned."

"... If you raise tax revenues, you don't stimulate the economy," Evans said.

But, according to Calgary Mayor Dave Bronconnier, the increase in the province's take of property taxes could impact Calgarians' pocketbooks.

"Taxpayers are going to get hit more," Bronconnier said, noting the province will take an additional \$38 million out of Calgary's 2009 tax base. "It's just another reason why they should leave the property tax at the local level."

WITH FILES FROM SHAWN LOGAN

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Trio charged in weekend shooting

Police have charged three men in relation to a shooting over the weekend near Chestermere, including Philip Anny, 25, and Alith Alith, 26, from Calgary. Police say the shooting stemmed from a house party early Sunday morning. The third charged is from Red Deer. **METRO CALGARY**

Local



Long-term sexual offender released

City cops are warning Calgarians about the release of a dangerous sexual offender with a lengthy history of crimes against female teenagers and children. Alan Paul Norton, 66, of Calgary was declared a long-term offender in March 2009 after serving almost four years in a federal prison and police believe he may reoffend.

METRO CALGARY



Infant's death being investigated

AUTOPSY The death of a nine-month-old child is under investigation by Drumheller RCMP after the child was pronounced dead after being taken to Drumheller Hospital Monday. An autopsy of the child is scheduled for tomorrow in Calgary.

RCMP said it is normal procedure in an unexplained sudden death for an investigation to treat it as suspicious in order to ensure all available evidence is collected. **METRO CALGARY**

metronews.ca

What's online today.

Video Canada's first female warship commander says her gender matters little to her crew at metro news.ca/canada**Video** Economic woes take bite out of athletes' training in lead up to Vancouver Games at metro news.ca/canada

Unseen canvas set for auction

SHAWN LOGAN
for Metro Calgary

A Canadian masterpiece that sat unseen in a rural Alberta house for years could be one of the largest sales ever at a Calgary auction house.

The painting by Tom Thomson, a member of the famed Group of Seven, was brought to Calgary in December by the unidentified owner — an elderly woman in rural Alberta — covered by a towel on a Greyhound bus, said Doug Levis of Levis Auctions Appraisal and Art Storage.

Levis said even with a struggling market for art resale, the classic 1915 oil painting, dubbed Dawn on Round Lake, is expected to go for as much as \$600,000, which would make it the second priciest in the history of his auction house.

"This is a painting that's been unseen for the last 90 years — exactly why she's selling it now I'm not sure



Doug Levis holds a Tom Thomson painting that landed at his auction house as towel-covered canvas via Greyhound bus. The painting is expected to fetch as much as \$600,000 at auction later this month.

but it's very exciting," he said. "It's not common that an unseen Tom Thomson shows up on the market — there's not a lot of these out there."

Levis said any Thomson work is a compelling pur-

chase because so few were painted before the artist died at 40 years of age.

Last year a similarly sized painting by the same artist sold for \$1.7 million but Levis admitted the art market has suffered in the lag-

ging economy.

The painting will be on the auction block with 330 other paintings at an April 19 auction starting at 1 p.m. at the Nickle Arts Museum on the University of Calgary campus.

City nixes fluoride removal

COUNCIL Fluoride will continue to flow from Calgary taps after city council yesterday shot down plans to put an end to the practice.

In a 7-6 vote, aldermen rebuffed the latest effort to reopen the contentious debate and remove the controversial chemical from the city's water supply following a lengthy debate.

Ald. Druh Farrell, one of five council members who was leading the charge for a ban on fluoride, said council missed the boat by not ending the practice. She noted a growing scientific lobby is calling on communities to stop fluoridating water.

Calgary has been adding the chemical, aimed at improving dental health, to the water supply since 1991 and it has been the subject of six plebiscites.

Ald. Bob Hawkesworth asked for a new review but was voted down.

SHAWN LOGAN/FOR METRO CALGARY

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Vulcan RCMP ID body found in park

DEATH Vulcan RCMP said the body of a male, believed to be in his early 40s, was discovered at around 7:45 a.m. yesterday in a large garbage container at an RV park in the northeast part of the town.

The identity of the deceased has been tentatively established, police said, but they will await the results of an autopsy by the Calgary medical examiner's office.

Cause of death has not yet been determined.

METRO CALGARY

Police seek help in robbery on bus

CRIME City cops are looking for witnesses after a 17-year-old male was robbed of his iPod, necklace, cellphone and hat on March 31 on the No. 92 bus from Anderson.

Two suspects were arrested and charged last week, but police believe several people witnessed the robbery and are urging them to come forward with information by calling 403-567-6800.

METRO CALGARY

The mysterious case of the empty baby stroller has been solved, according to police. Police were originally concerned a baby had been taken from a stroller after a witness called police, but after an investigation it was determined the stroller had been abandoned for some time. METRO CALGARY

Turning lugers into winners

Luge Association turns corner by landing big sponsorship deal

KRISTA SYLVESTER
krista.sylvester@metronews.ca

The Canadian Luge Association has 1,002,014 reasons to smile today and is now looking for just one more — a gold medal at the 2010 Vancouver Olympics.

In response to a national "for sale" campaign for corporate funding, Fast Track Capital Inc. announced a five-year commitment yesterday of \$1,002,014, becoming the association's first ever title sponsor.

"This is really incredible and means so much for us, not just for the upcoming Olympics but for the future beyond that," 22-year-old Canadian luge team member Meaghan Simister said of the announcement.

Simister and her luge team are excited about the commitment of just over \$200,000 per year because it will go towards coaching, training, travel, new technology and research.

"There are so many up-and-coming luge athletes



Meaghan Simister, 22, and Jeff Christie, 26, perform some luge launch moves on the ice of the Bowness Sportsplex as Canada's top luge athletes celebrate a five-year sponsorship deal.

that will benefit greatly by this," Simister added.

Her teammate, 21-year-old Alex Gough, said the funding comes at a much-needed time.

"Our teams of senior and junior athletes have been

finding ways to achieve excellence in our sport under tight financial constraints over the last two decades," Gough said.

Darren Weeks, founder of Fast Track Capital Inc., said his company is proud to be

able to extend their financial commitment to the luge association.

"It is our hope this contribution will help put Canada's elite luge athletes on top of the podium," Weeks said.

Council eyes abandoned grow-ops

DEMOLITION Shuttered illegal drug operations could be facing the wrecking ball after city council yesterday agreed to look at demolishing abandoned grow-ops.

Ald. Diane Colley-Urqhart said with about 150 derelict homes peppered throughout Calgary, the city's fire chief should be able to knock down properties that are safety hazards and eyesores.

"This would allow the fire chief to issue remediation or demolition orders and we now have the ability to seize property under proceeds of crime (legislation)," she said.

An online registry on the Alberta Health Services website lists more than 400 seized grow-ops, and Colley-Urqhart said "there's like hundreds more that haven't been ferreted out."

But Ald. Brian Pincott said he's worried exchanging abandoned properties for holes in the ground may wind up being a bigger annoyance.

SHAWN LOGAN/
FOR METRO CALGARY

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CEO wants scrappage program

A robust scrappage program would give the struggling auto industry a big boost, the chief executive of Ford Motor Co.'s Canadian unit said yesterday.

REUTERS

Canada

Lawyer challenges Canadian terror law

Argues 'jihadi' videos 'freedom of expression'

Said Namouh's computer held all sorts of videos, of American soldiers being blown up, the executions of "infidels," a how-to guide on suicide attacks.

But are these "jihadi" videos, and hundreds of online conversations drawn from the basement computer of this curly-haired Moroccan native with a fondness for Adidas soccer jerseys, the underpinnings of terrorism — or were they simply the goings-on of a man practicing his right to free expression?

It's a central question to a terrorism case unfolding

in a Montreal courtroom that is challenging the constitutionality of Canada's terror laws.

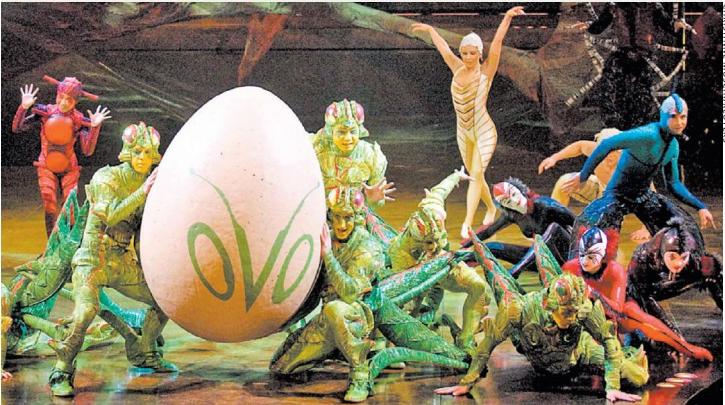
"This whole business of promoting and advocating jihad is the heart of the case," said Namouh's lawyer, René Duval, outside the courtroom yesterday. "They believe my client has advocated criminal acts through jihad by putting things on the Internet."

Duval contends that the terror laws, pushed through parliament following the Sept. 11 attacks, contravene the constitutional rights to free

dom of expression and religion. "They have the potential to catch both speech that is acceptable and that which is not," Duval said.

Namouh faces charges of conspiracy as well as participating in, facilitating the activities of and extortion on behalf of a terrorist group. The Crown says Namouh, 36, was a key member of the Global Islamic Media Front, considered a major propaganda arm of such terrorist groups as al-Qaida. It's alleged Namouh edited and disseminated many videos himself. TORSTAR NEWS SERVICE

Montreal Circus in town



Canada's Cirque du Soleil perform a preview of their new show OVO (meaning egg in Portuguese) — a teeming world of insects, in Montreal yesterday. OVO will have its world premiere in Montreal on May 8, and will travel to Quebec City and Toronto before touring the U.S.

News in brief

TELEVISION Canada's federal cabinet is considering a \$150 million fund to help private television broadcasters, media reported yesterday. The fund would benefit big private broadcasters like CTV and Canwest Global, though it is unclear whether the publicly funded Canadian Broadcasting Corp. would be eligible for money.

REUTERS

CRIME The pilot of a single-engine plane that was stolen from a college in Thunder Bay, Ont. and piloted across four states has been charged with transportation of stolen property and illegal entry.

CBC NEWS ONLINE

Gun bill sparks anger

LEGISLATION Angry Canadians gun owners hope to pressure the federal government into renewing support for a private member's bill to abolish the long-gun registry by withholding donations to the Conservative party.

"I just returned the latest CPC donation envelope, without any \$\$\$, and with the following written across the form in black Sharpie," said a message to CanadianGunNutz.com from someone using the moniker Plinker. While the effectiveness of the

Gung ho for guns

- Saskatchewan Conservative MP Garry Breitkreuz's private member's bill would scrap the much-maligned long gun registry, but according to critics would relax the rules on prohibited and restricted weapons.

boycott remains to be seen, such a revolt by supporters is bound to cause waves in the once populist party, observers say.

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| Venezuela..... | 2.9 ¢ | Mexico from..... | 2.9 ¢ |

Middle East

| | | | |
|----------------|--------|------------------------|--------|
| Bahrain..... | 5.9 ¢ | Kuwait..... | 6.9 ¢ |
| Egypt..... | 14.9 ¢ | Oman..... | 17.9 ¢ |
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Vermont lawmakers yesterday overrode a veto from the governor in passing a bill that would allow same-sex marriage, clearing the way for the state to become the fourth in the nation where gay marriage is legal. **REUTERS**

World



No needles for hot flashes?

Acupuncture may not help relieve hot flashes in women undergoing menopause, a review of past studies has shown. Researchers in South Korea and Britain trawled through medical literature exploring the efficacy of acupuncture in relieving hot flashes, but evidence was scarce.

REUTERS

Obama breaks from Bush

U.S. president wins praise in Europe for new approach

President Barack Obama's eight-day overseas trip yielded success on a top goal: Signalling to the world a new U.S. approach that breaks with the "go it alone" style of President George W. Bush.

But Obama had more limited gains during his trip to Europe and the Middle East on issues like prodding allies to stimulate the global economy and help in Afghanistan.

Obama headed back to

Washington yesterday after an unscheduled stop in Baghdad, where he pushed Iraq's feuding factions to compromise and urged Iraqis to take responsibility for their country so U.S. troops could leave.

In cities from London to Prague to Istanbul, Obama got a rapturous welcome to his promise to listen and consult more, as he took his first turn on the world stage as president.

It made a high contrast

with Bush, who was criticized for ignoring the advice of allies in his 2003 decision to invade Iraq and for failing to join the Kyoto climate treaty.

In Turkey, he won plaudits for his declaration that "the United States is not, and will never be, at war with Islam."

But at the G20 economic summit in London, European countries balked at his suggestion that they spend more to try to fight

'No claim' on Iraq

- Obama told reporters he was sticking to the plan to withdraw all U.S. troops by 2011, and said he had assured Iraqi Prime Minister Nuri al-Maliki that the United States had "no claim on Iraqi territory and resources."

the global recession and shoulder more of the burden in Afghanistan. **REUTERS**

Strong aftershocks stall rescue efforts in Italy quake

L'AQUILA Strong aftershocks shook central Italy yesterday and hampered rescue efforts after the country's worst earthquake in decades killed at least 235 people and left thousands homeless.

The strongest aftershock since Monday's quake scattered rescue workers and toppled buildings as night fell on the mountain city of L'Aquila, which bore the brunt of the disaster.

L'Aquila's mayor said

one person died in the neighbourhood of Roio, but firefighters could not confirm this. The 5.6 magnitude aftershock was felt in Rome, 100 kilometres to the west.

At least 235 bodies were

being stored in a makeshift mortuary at a school for Italy's Finance Police outside L'Aquila, local media reported. Some 1,500 people were injured, and fewer than 50 were missing.

REUTERS

Romania Protests flare



CLIP GRANICH / REUTERS

A man waves the Romanian flag during a protest outside the parliament in Chisinau yesterday. Thousands of demonstrators denouncing a Communist victory in ex-Soviet Moldova's parliamentary election smashed windows of the president's offices and hurled stones at police.

Man pleads not guilty to stealing Chen sex photos

TRIAL The Hong Kong computer technician accused of stealing 1,300 photos of actor Edison Chen engaged in sex acts with several starlets, has pleaded not guilty in a Hong Kong court.



Edison Chen, a hip hop artist and Asian film star, has apologized and sought to weather the scandal by staying in Canada. **REUTERS**

N.Y. gunman wrote to media before shooting

BINGHAMTON The gunman who killed 13 people and himself in a New York state immigrant centre sent a letter to a TV station before his shooting spree.

"Of course you need to know why I shooting?" wrote Jiverly Wong, 41, but he never fully explained the reason for the shooting, which took place in the centre where he took English lessons. He made unclear remarks about police harassment he had received before ending with, "And you have a nice day." **REUTERS**

News in brief

PERU Former president Alberto Fujimori was convicted of human rights crimes yesterday. A three-judge panel convicted him for ordering a military death squad to carry out two massacres that killed 25 people during his 1990-2000 rule, when he was battling guerrillas. Nearly 70,000 people died in two decades of conflict.

GERMANY A 60-year-old cook fatally shot his sister-in-law, wounded two other people and then killed himself in a courthouse in the town of Landshut yesterday. The man was in a legal battle with his in-laws over an inheritance, and suddenly opened fire during a break in proceedings in the hallway of the court. **REUTERS**

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Comment & Views

Comment

Get your head out of sand

Climate change is not a left-wing conspiracy

The West View



metronews.ca/thewestview

What, I must ask, is the irresistible allure of ignorance?

I understand inadvertent ignorance; I admit to being one of its victims. But willful ignorance is another matter. We're in the middle of an ignorance revival, and I just don't understand what the enthusiasts get out of it.

Take global warming. That it's real is beyond dispute. The polar ice caps are melting! One-third of the summer ice in the Arctic Ocean has melted, and some scien-

tists think the Arctic summer will be ice-free by 2013. At the South Pole, an ice bridge holding the Wilkins shelf to the continent gave way over the weekend, which means the shelf, about the size of Jamaica, is in danger of sinking into the sea, one of 10 such shelves, some 10,000 years old, now shrinking.

Despite these and a million other signs, global warming deniers persist in seeing the whole problem as some kind of cooked-up left-wing conspiracy to deprive us of our right to drive a Hummer.

This attitude is most firmly entrenched in places like the Frontier

Centre for Public Policy, based in Winnipeg, which bills itself as an "independent think tank." I'm glad they cleared that up: It's hard to tell if anyone is thinking by going to their website, where piece after piece dismisses the UN Intergovernmental Panel on Climate Change (IPCC), which won the Nobel Prize for its work on global warming, as some kind of fraud.

For example, it huffs the head of the panel is an economist, not a scientist. So OK, here's a scientist: Dr. Andrew Weaver, a climatologist and lead author of the landmark IPCC report that won the Nobel for "efforts to build up and disseminate greater knowledge about man-made climate change."

Dr. Weaver is so distressed by opposition to the effort to fight global warming he recently issued an urgent cry: "The scientific community has a very solid understanding of

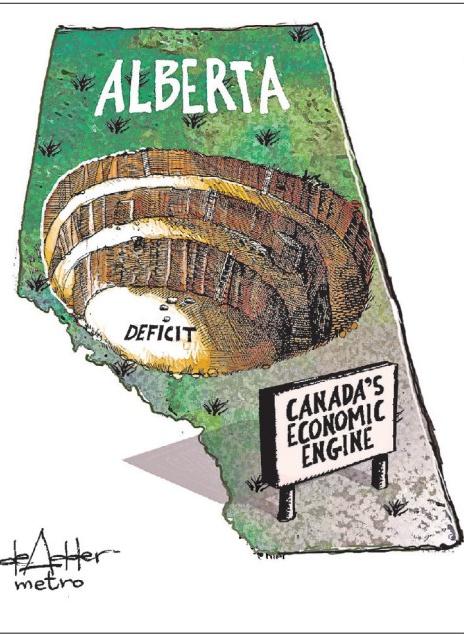
what is causing global warming: It is overwhelmingly because of the combustion of fossil fuels."

Dr. Weaver is alarmed because ignorance is not confined to the right. From the left, "environmentalists" have taken to opposing every effort to switch to alternative, non-fossil fuel sources: Wind turbines allegedly endanger birds, hydro lines cause brain cancer, run-of-river hydro generation kills rivers. Even if it doesn't.

So, although the polar ice caps are melting, although real deal scientists such as Dr. Weaver try to warn us that time is running out to address global warming, we continue to try and argue it out of existence or complain the move to alternative energy has its own issues.

Good, there's that threat dealt with. I'll just stick my head back into the sand, and with any luck I'll be long gone by the time anyone has to reap the heat.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca



Letters

Gunning it

Re: Gun control victim in Tories legislation (April 7).

In my opinion Ms. Cukier has attempted to cloud the issue of long-gun registration in Canada with statements such as "powerful semi-automatic rifles like the one used by Marc Lepine." This surely is meant to draw on peoples emotions. Most semi-automatic rifles are in fact less powerful than most hunting rifles.

Who does Ms. Cukier believe the "gun lobby" is? They are ordinary Canadians who believe criminals should be punished and that some of their privileges as citizens of Canada are in danger.

Firearms licensing has been in place in Canada since 1979 for long guns and yes, Canada did try long-gun registration during the Second World War. It was not effective and as with the current legislation unpopular.

The statistics Ms. Cukier states may have nothing to do with firearms legislation and more to do with social economic cycles of our country. As she notes, 32

people were killed in 2007. Canada was enjoying an economic high, whereas in 1991 we were in an economic downturn.

JOHN MORRISSEY, AIRDRIE, ALTA.

Gun argument in the bin

Re: Gun control victim in Tories legislation (April 7).

This article has led me to decide I will no longer be getting any sort of news from Metro as this article is clearly one-sided and a waste of paper.

I noticed how Wendy didn't mention the federal gun registry is illegal as the right to restrict personal property is not the right of the federal government, but the provincial government.

After reading this article I thought was being written by someone close to the gun control movement, she would have at least had most of her facts right.

I would like to thank you for your time and am pleased to inform you your paper is now in the recycling bin so it may be used again for a better purpose.

LEVI KEYS, CALGARY

Word on the street: How will raising the minimum wage affect the Canadian economy?

Tom Ross
age 26, Calgary

Jason Yaeck
age 29, Calgary

Leah Stratigeas
age 18, Toronto

John Daley
age 21, Halifax

Bill Alexander
age 45, Toronto

Stephanie Tsokas
age 35, Vancouver

A: I don't think it will really make a difference because people are already making more than the minimum wage. I don't think it will help.

A: I don't think it will do much to the economy right now. Most people already make more than minimum wage, even if it's only by a little bit.

A: I think it will be good for the economy. More money being paid out means that more money will be spent. It will stimulate the economy.

A: People are going to spend what they need to spend anyway. I don't think a few cents is going to make a big difference in the long run.

A: Overall, I do think it's a good idea because it helps new immigrants and uneducated people make their way in society. It costs four bucks just to sit in a cab.

A: I don't think it will help. People getting paid minimum wage won't see the quality of their lives increase from another dollar.



It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca
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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Ottawa backs car warranties

Government to guarantee repairs even if GM, Chrysler fail

Canada will guarantee the warranties of cars sold by General Motors and Chrysler under a new program announced yesterday to help prop up the struggling carmakers, even as Ottawa said it must be ready for their possible bankruptcy.

Late last month the government, which says a disorderly bankruptcy in the sector would cause enormous damage, rejected restructuring plans presented by both companies but

"It will help consumers know that they have confidence when they buy a vehicle from GM and Chrysler."

Industry Minister Tony Clement

announced \$4 billion in bridge financing for them.

Warranties on new vehicles would be guaranteed by a \$185.3-million commitment program, regardless of whether Chrysler and GM go into bankruptcy protection.

The program will be

funded with cash from the automakers and a loan from the federal government to pay for repairs covered by the warranties on each new vehicle sold until "the period of uncertainty" ends.

"It will help consumers know that they have confidence when they buy a vehicle from GM and Chrysler," Clement told a news conference.

Clement also said the government will increase by \$700 million the amount of accounts receivables insurance that Export Development Canada can offer to auto-parts suppliers so they can get money owed.

REUTERS

Business in brief

MEDIA The senior lenders of Canwest Global Communications Corp. have agreed to ex-

tend talks until April 21 over borrowing conditions for its media unit.

FORECAST Two-thirds of U.S. chief executives plan additional layoffs and expect sales to

decline in the next six months, according to a survey released yesterday.

REUTERS

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U.S. slaps duty on some Canadian lumber exports

TRADE The United States will slap a 10 per cent duty on some imports of Canadian lumber after Ottawa failed to abide by a trade tribunal ruling, the U.S. trade representative said yesterday.

The new tax will remain until the United States collects \$54.8 million US.

Canada was found in breach of its softwood lumber trade deal with the United States earlier this

year, when the LCIA, formerly the London Court of International Arbitration, ruled Canada miscalculated quotas for some lumber exports for the first half of 2007.

The LCIA said Canada should collect a 10 per cent tax on the value of its softwood lumber shipments from Quebec, Ontario, Saskatchewan and Manitoba until \$68.26 million Cdn was collected.

REUTERS

Google helps newspapers: Lawyer

WEB Google Inc. helps newspaper websites make money through online advertising and does not misappropriate their content, a lawyer for the search engine said on the company's blog yesterday.

Some journalists have complained that search engines make millions of dollars off their news, and that it should belong to them instead.

REUTERS

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Metro Drive

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA



Giving your car's exterior a good wash is one of the must-dos after winter's onslaught.

Spring cleaning for your wheels

MARK ATKINSON
for Metro Canada

Now that Canada is showing the first signs of warm weather after a long winter's nap, getting your vehicle prepared for spring consists of more than just putting your snowbrush and ice scraper away. If you want your pride and joy to last for years and minimize the amount of time spent in the shop, follow these essential car care tips that can be done by you or a professional, depending on your level of comfort.

Andrew Michael, owner of Michael Automotive Paint & Design in Barrie, Ont., has been fixing other people's paint problems for years, has restored all manner of vintage British automobiles, and also races an early-'80s Mazda RX-7 that's too wild for the snow, so it sits in storage all winter.

Michael's first suggestion to keep your vehicle in tip-top shape is to give its paint the spa treatment.

"Road tar, environmental pollutants, and all the dirt and grime acquired in the daily drive needs to be removed from your paint, and the surface polished to resist the accumulation of new grime, corrosion or rust," he said.

"While newer paint finishes tend to resist fading and will maintain their shine far better than those

of the past, the springtime polish is still not to be overlooked. Most detail shops offer this service that generally consists of a multi-stage system of thoroughly cleaning, compounding and finally polishing and sealing the paint to its original condition."

Also, aluminum wheels should be cleaned in a similar manner to remove all that caked-on brake dust and road slurry.

If you've been using your ride daily throughout the harsh winter months, your best friend should be a pressure washer.

"Six months of slushy, muddy, salty boots dripping all over your carpeting can make it look like the floor of a hen house with the farmer on vacation."

Auto expert Andrew Michael

While giving your car's exterior a good wash and close inspection for damage is obvious, try to get as far underneath as you can, getting out at all the salt, sand and crud that's collected there in the last few months.

However, do not be tempted to do the same under your car's hood as getting water in places where it wasn't designed to be can be extremely expensive to repair.

When it comes to mechanical issues, the most obvious — besides the

ubiquitous oil change — is to swap your winter tires to your all-season or summer-only rubber.

Beyond that, having inspections done on your cooling and electrical charging systems while at your local garage can prevent surprises.

"While it might have performed well throughout the winter, summertime heat can demand extreme

duty from your cooling system," Michael warns.

Finally, taking care of the interior will pay off for both your peace of mind and your nose!

"Six months of slushy, muddy, salty boots dripping all over your carpeting can make it look like the floor of a hen house with the farmer on vacation," Michael said.

"Though manufacturers go to lengths to protect the floors from this corrosive cocktail, removing the dampness will aide in this and keep your vehicle smelling fresh. Steam cleaning can be done at most detail shops and will extend the look and life of your carpeting."

VW debuts hybrid tech

Volkswagen has announced that it will offer hybrid powertrain technology in Canada, under its new Blue-MotionTechnologies brand, which was unveiled at the recent Vancouver International Auto Show, Canadian Driver reports.

METRO NEWS SERVICES

Extra care for performance cars and convertibles

- For those whose performance cars or convertibles get stowed away come the first signs of fall, there's additional maintenance and care that's needed to get them ready for sun-drenched drives.
- Regardless of the type of vehicle you're taking out of its winter hibernation, first do a visual check to see if anything has taken up a home in your car. Having mice, bugs or birds camping out in warm places in your car isn't uncommon. Clean out the spider webs as well.
- Next, change the oil as engines that haven't

operated in months can get seized or damaged without proper attention. Drain and flush your radiator coolant and gasoline in the fuel tank, and replace everything with fresh fluids. Inspect the car's brake lines and calipers and/or drums, because modern brake fluid goes bad with dust, air and moisture.

"Trim and rubber seals should also be cleaned with the appropriate cleaners and conditioners to ensure they maintain their integrity and/or elasticity and to keep from drying out, thereby creating leaks and wind noise," Andrew Michael suggests.



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Drive safely this spring

Follow these road rules
to stay out of harm's way

JUSTIN PRITCHARD
for Metro Canada



pointers to make sure your family trips in the coming weeks are all safe ones.

Lights

Check for and replace burned-out bulbs on your car or truck as needed. It's important to make sure headlights are aimed properly too, for maximum nighttime illumination. Check your owner's manual for information on how to do this yourself, or head to your favourite mechanic.

W. H. H. S.

Windshield and wipers
If you're using rubber-wrapped winter-blades on your car, replace them with summer blades. Winter blades are bulky and not aerodynamic — they tend to lift away from your windshield at higher speeds. This reduces their effectiveness.

Although spring can be a great season for driving, it can also be one of the most dangerous. Awakened wildlife may wander onto public roadways at night, and excited kids may do the same during the day. Heavy rain and temperature fluctuations typical of the season can make driving treacherous, too. The list goes on.

So, do you want to make sure you're properly set up for safe springtime travels? Listed below are some



Make sure you're in top shape for a springtime drive — avoid heavy meals before longer trips to stay alert.

ness and poses a safety concern. A more aerodynamic summer wiper blade generally does a better job in warmer weather.

driving challenges. Remember that wet roads are the most slippery when it first starts to rain, as oil on the road's surface begins to mix with water.

Leave lots of room. You'll need at least twice as much of it to stop if the roads are wet.

No matter how strong the urge is to send a tidal

Motoring through April showers

Spring often brings heavy rainfall, which can pose a driving challenge. Remember that wet roads are the most slippery when it first starts to rain, as oil on the road's surface begins to mix with water.

Leave lots of room. You'll need at least twice as much of it to stop if the roads are wet.

wave sloshing over inno-

from home, you may wish to have blankets, a supply of non-perishable food, candles, matches, cash and even a reflective vest.

Be prepared
It's not a bad idea to keep a survival kit onboard your ride, 365 days a year. In the event you get stranded, cut back on glare and eye fatigue, and avoid heavy meals before longer trips. Driving when you aren't alert just isn't worth the risk.

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Drive one.

Spring tire rituals can be divine

AutoPilot

Michael Goetz

metronews.ca/autopilot

Those pagans really knew a thing or two on how to throw a party come springtime. Summer solstice shows up, and they're out there sacrificing left, right and centre, staying up all night pondering the constellations, and hauling huge rocks around to make Stonehenge-like

structures ... just generally having a ball.

In comparison, modern Western societies are a bit more muted in their spring rituals. The big ones in our neighbourhood are taking the Christmas lights down, and sweeping the porch.

But if you have a car, you're in luck, because car spring rituals have a bit more party mode about them. And nothing is more symbolic and uplifting than doing that divine swap — taking the winter tires off, and replacing them with the summer ones.

So here's a brief checklist to keep in mind, at that joyous, tire changeover time.

First off, hopefully you've got each set of tires (winter, summer) mounted on their own set of rims. The alternative — mounting and re-mounting tires onto one rim set — can damage the tire beads.

Ideally, your summer tires should be balanced before they go back on, and then the car should be checked for alignment. If you got expensive rims and tires, you need to do this to protect your investment and get all the performance you paid for.

But if you're on a budget, you might modify this a bit. If the tires ran fine when they came off,

chances are they will run fine now. The tire installer can determine a lot just by visually inspecting the tires. If they're not wearing unevenly, maybe you don't need the alignment — at least until a road test proves otherwise.

Make sure your nuts are lubed with anti-seize. This makes rims so much easier to take on and off. A professional installer should do that automatically, but it doesn't hurt to ask.

Same thing for tire rotation. A pro will mark each tire in chalk, which corner of the car it was last mounted, so the next installer can rotate them ap-

propriately. But this doesn't automatically happen all the time, so get it on the work order.

I'm pretty sure any installer will set the correct pressures of your summer tires. After that, it's up to you to visually inspect them, at least once a month.

It's so simple it hurts, but having the correct pressure in your tires is the best, cheapest, and most effective way of having a happy tire. And a happy tire is safer, more fuel-efficient and lasts longer than a grumpy tire.

The final issue with the winter-to-summer tire



Swapping your winter tires for summer ones is a great spring ritual, says Michael Goetz.

changeover is storage. Hopefully you got your winter tires back clean, and have a cool, dry place to store them. If you need to keep them in the living room, maybe throw a nice wrap over them that match the drapes.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

Car care products explained

JUSTIN PRITCHARD
for Metro Canada

Putting the sparkle on your ride may not be as easy as it seems.

MAINTENANCE With the days of salt and snow almost over, it's time to get the shine back on your car again. You probably know that it's a bad idea to wash your car with dish soap — but putting the sparkle on your ride, inside and outside, may not always be as easy as it seems. Many questions pop up: What's a glaze? Should you treat your leather? Does dashboard protectant actually cause long-term damage?

Jim Dvorak, a car care specialist at Mothers, a leading car care products company, helps sort out the basics in this interview.

Q If a new car has a warranty on its finish, why bother to wax or take care of it at all?

A A factory warranty is there to protect you to ensure that the paint preparation and application process was sound, that quality paint was used, and that it was cured properly. New-car warranties don't protect you from fallout or oxidation over time, which will occur naturally if paint is not waxed or cared for properly. Car wax, whether synthetic or carnauba (a palm tree derivative), acts as a sacrificial layer between your paint and Mother Nature.

Q Waxes? Sealants? Glazes? Polishes? What's the difference? Do many people get confused shopping for paint care products?

A There are a lot of products out there named to catch the eye of the consumer more

so than to communicate their actual function.

"Wax" has become a segment of products designed ultimately to protect your paint. They traditionally have contained carnauba, though in recent years they might instead contain a synthetic wax or polymer. Some wax products also contain cleaners or polishes, while some are just pure wax.

A "sealant" is essentially a synthetic form of a pure carnauba wax, and can require extensive preparation and drying time, so they're generally sold in the "enthusiast" community to people who don't mind spending all weekend working on their cars.

A "glaze" adds depth and shine while helping to fill in minor defects that normally reflect in the sun and cause a spiderweb-like appearance to the finish. A glaze should always be followed by a pure wax.

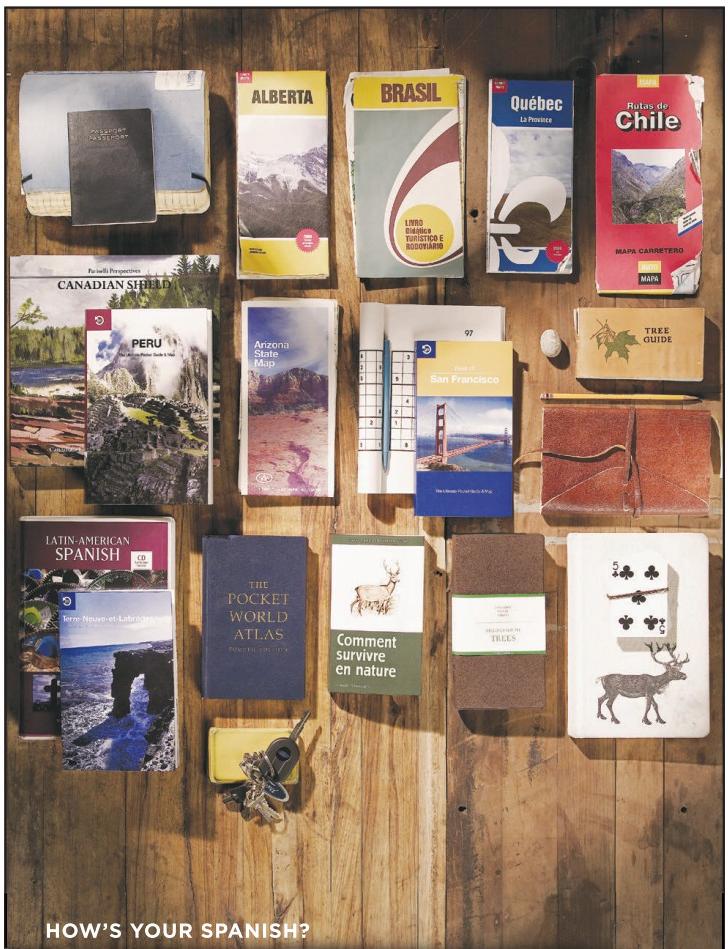
Q Should I treat my leather seats? Doesn't the factory treat leather seats so owners don't have to?

A Some factory leathers do have a coating to protect the finish to an extent — though they should also be maintained. A thor-

ough vacuuming of the surfaces, especially the seams, will help to remove grit, which may damage the finish. A routine cleaning and conditioning should still be done next. Some premium leathers benefit from dedicated conditioners with natural oils, while others can get by with a combination cleaner and conditioner.

Q Is it true that some vinyl / plastic protectants can actually damage materials over time? If so, what's important to look out for?

A There are many myths about vinyl protectants — and some of them find their origins many years ago when some products were made of ingredients that did cause problems. The rumours were continued by people who used products as a last-ditch effort to revive their sun-beaten dashboard, only to find it became cracked — not realizing the pressure of applying the product simply accelerated the aging process. In other words, they used the product too late. Quality brands today use modern ingredients, which are safe, so these myths from years ago are no longer valid.



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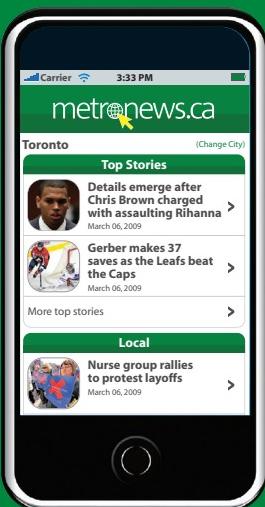
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Wednesday, April 8, 2009

12 metro drive



The 2009 Rav4 is easy to drive, even when navigating city gridlock, which is unheard of when it comes to most SUVs.

The big, small SUV

Roomy Rav4 not short of useful features

DUSTIN A. WOODS
for Metro Canada



While advertisers would like you to believe that bigger is always better regardless of whether the topic is department stores, dish detergent or diners, some people aren't into thinking big just for the sake of it.

Aside from the fuel mileage and social stigma, there are actually many benefits that come with owning an SUV that don't involve intimidating pedestrians. Having additional space to carry the tiny sprigs of your family tree with the peace of mind that come from an elevated driving position and four-wheel-drive are but a few reasons drivers abandoned the minivan and station wagon years ago.

Smaller SUV's have become commonplace for most manufacturers, which blend the aforementioned advantages within a package that is more likely to fit your finances, not to mention your garage.

Launched as a 1996 model, the original Rav4 was the first SUV to be built on the chassis of a car. The Corolla-based mini SUV was offered in both two

2009 Toyota Rav4

Type: SUV
Price: from \$30,235
Engine: 2.5L V4 and 3.5L V6
HP: 179 (V4); 269 (V6)
Torque: 172 ft-lb (V4); 246 ft-lb (V6)

Highlights

- Compact yet spacious
- Fuel efficient

and four door versions. While it was debatable which model was the more hideous of the two, the Rav4 has always enjoyed a decent-sized audience, primarily with women as a matter of fact.

It seems that blending small, fuel-efficient engines and off-road capabilities have become a winning formula for Toyota.

Thankfully, the mini off-roader was completely revamped in 2000 without the aquarium-sized windows and with less plastic Lego body cladding.

The third generation model was redesigned in 2006 and has received a facelift for 2009. Changes include a re-styled grille and bumpers, active headrests for the front seats and a more powerful 2.5L four-cylinder engine that

boasts 179 hp and 172 ft-lbs of torque.

A 3.5-litre V6 mated to a five-speed automatic transmission is available on all trim levels, producing a respectable 269 hp and 246 ft-lbs of torque while getting the four-cylinder fuel economy numbers.

The Rav4 is offered in three variations: Base, Sport and Limited, which are available in both four- and six-cylinder engine configurations with a four-speed automatic transmission as standard equipment.

The third generation Rav may still be considered a mini SUV, but it offers a roomy interior big enough for five adults, 73 cubic feet of cargo space and an available third row for the little tykes in Base and Limited form.

The Rav4 is easy to drive, even when navigating cramped parking garages or city gridlock, which is unheard of when it comes to most SUVs.

While the V6 version hits zero-60 mph in just over seven seconds, the four-cylinder version left something to be desired in the performance department with only marginally better fuel efficiency than its V6 counterpart. Handling is precise and predictable.

Subaru to unveil 2010 Legacy

DEBUT Subaru Canada, Inc. (SCI) announced that the all-new 2010 Legacy sedan will debut this Friday at the New York International Auto Show, with bolder design language and a larger midsize package.

Legacy has been further enhanced with a longer wheelbase, a revised suspension design, 100 mm (almost four inches) of added rear seat legroom, and a new powertrain line-up that includes the new Subaru LineartronicT CVT (Continuously Variable

The 2010
Subaru Legacy



Transmission).

The Legacy lineup for 2010 offers four well-equipped models — 2.5i, PZEV, 2.5GT, and 3.6R —

along with several option packages for even more performance, comfort, and luxury.

FROM CARGUIDE

Sun's the limit

Koenigsegg shines light on green supercars

EMMA E FORREST
Metro World News



Not content with creating some of the most extreme sports cars on the planet, Swedish car manufacturer Koenigsegg is also making them green.

"We try to make a car with no downsides, only upsides, with no compromise," explains CEO Christian Von Koenigsegg.

Koenigsegg's famously powerful cars first went green with the 2007 CCXR.



This eco-friendly version of their CCX supercar can run on regular petrol, but fuelled with E85 Biofuel, Christian Von Koenigsegg

delivers Koenigsegg an extra 212 bhp — and an astounding 1018 bhp in total. It's the first green car that does an outrageous 0-100km/h in 3.1 secs, with a top speed of more than 400 km/h.

Now they're taking their

eco-credentials one step further with The Quant, a solar-powered gull-winged electric luxury cruiser.

It has a range of 500 km, can recharge in 20 minutes and is covered in a skin of photovoltaic cells that absorb the sunlight and extend the range.

The car is a concept, but they plan to have prototypes ready in three years' time in response to demand. This won't be the car to save the planet. The small but successful company, established by Von

Koenigsegg in 1994, only produces a low volume of cars (only 18 last year, 72 total since 2002) and they're hand-crafted from space age materials, giving them an out-of-this-world price tag of up to 1,550,000 euros (more than \$2,500,000 CDN).



Von Koenigsegg, who plans to pioneer more green technologies, is enjoying his company's ecological status.

Koenigsegg's clientele, who test the cars at their Swedish HQ at a former fighter jet facility, seek exclusivity, and the eco angle

is the cherry on the cake. "It's a twist to the supercar," he says. "Supercars are about having fun. Part of the fun is knowing you're not impacting on the environment, and contributing to the development of new technologies."

Fifty years on, MINI still holds capacity to thrill

EMMA E FORREST
Metro World News



REVIEW Barbie isn't the only icon celebrating a 50th birthday this year — it's also 50 years since the first ever Mini hit the road.

Throughout 2009 MINI fans all over the world will be toasting this unique tiny, democratic car, both the original and the new, chunky BMW version. They'll also be able to get their hands on the new MINI convertible.

When the first "new" MINI convertible came out, I took it on an epic voyage from the launch in Seville back to London.

En route it acquired admirers whether it pulled up outside hip music festivals, nightclubs, luxury hotels, motorway service stations or crowded beaches in Spain and France.

It was perfect for a MINI adventure: Comfortable, powerful, solid, and with just enough boot-space to

2009 MINI cabrio

Type: Compact convertible
Price: from \$29,950
Engine: 1.6 L
Mileage: 5.4 L/100 km

Highlights

- Hip and exciting look
- Eco-friendly
- More powerful than previous model

fit in the party dresses and shoes required by two Sex and The City-style holiday-makers.

Does the MINI cabrio still have the capacity to thrill?

It certainly does if you consider that the car only comes in sporty Cooper, Cooper S and John Cooper Works editions.

The new car doesn't mess much with the winning formula of the original, even if it is longer but smaller and lighter.

Rear visibility is improved but still not great

through the rollbar and boot space is still a doll-sized 125 litres, but otherwise it's a delight to drive, feisty and responsive with a six-speed gearbox.

It's more powerful than the old model, but it's also is more economical and ecological, with auto stop-start that cuts the engine when it's idling.

The roof closes in 15 seconds at speeds of up to 32 km/h for when you travel through car-jacking territory, and great gimmicks include the air-conditioned glovebox, and the "MINI Always open timer," a gauge that measures how many hours you've driven with the roof down.

It's might be more expensive than many of its rival cabrios but then it's also of superior quality.

However, given that MINI is one of the rare car companies that increased sales last year don't expect popularity to be a problem for this new cabrio.



The 2009 MINI convertible is more powerful and ecological than previous models.



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ford.ca

The San Antonio Spurs' NBA title hopes took a major blow late Monday with the revelation that guard Manu Ginobili will miss the remainder of the season and the playoffs with a right ankle injury that has kept him out of 19 games since the all-star break. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

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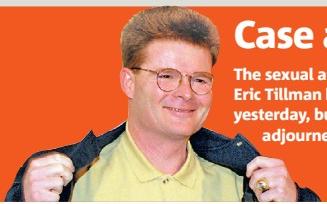
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Case against Tillman pushed back

The sexual assault case against Saskatchewan Roughriders general manager Eric Tillman has been pushed back for two weeks. Tillman was not in court yesterday, but a lawyer appearing on his behalf asked that the case be adjourned to April 21.

METRO NEWS SERVICES

Canucks douse Flames

NHL RESULT



LAURENCE HEINEN
for Metro Calgary

THE SKINNY: Roberto Luongo stopped 45 of 46 shots he faced to backstop the Canucks to a huge victory to keep Vancouver alive in the battle for top spot in the Northwest Division. The two teams are now tied with 96 points.

THE GOOD NEWS: The Flames can still win the division and wrap up home-ice advantage in the first round of the NHL playoffs by winning their final two games.



Vancouver Canucks goalie Roberto Luongo stops a shot from Calgary's Jarome Iginla last night in Vancouver.

THE BAD NEWS: Although Calgary outshot Vancouver 21-9 in the opening frame, the Canucks emerged with a 1-0 lead on a late marker by Rick Rypien, who has scored all three of his goals this season against the Flames.

THE PREDICTION: "We have

to keep working hard and keep taking our shots and create some traffic in front of (Luongo)," Olli Jokinen told Rogers Sportsnet during the first intermission. "If we keep taking shots, we will score."

THE PAYOFF: The Flames were finally rewarded for their

hard work when Jarome Iginla kicked the puck onto his stick before swatting a shot into the net just past the outstretched pad of Luongo at 14:44 of the second period.

THE GAME WINNER: Just seconds after Iginla's goal, Mattias Ohlund's point shot hit a stick in front and got behind Calgary goalie Miikka Kiprusoff. Ohlund and Henrik Sedin then added insurance markers in the final frame.

THE CONCERN: Calgary went 0-for-6 on the power play and has now failed to score in 37 straight man-advantage situations.

THE NEXT GAME: The Flames finish out the season with a home-and-home series against Oilers starting on Friday night in Edmonton.

Johnson, Anselmo to Hall

CFL Former Stampeders middle linebacker Alondra Johnson and longtime team director Tony Anselmo were among the 2009 inductees announced yesterday for the Canadian Football Hall of Fame. Johnson retired with 1,085 career tackles, which ranks him third all-time in CFL history behind Willie Pless and Mike O'Shea. Anselmo, 91, became a director with the Stampeders in 1967 and served as the club's president in 1973-74 and on its advisory board from 1974 through 1982. He also played a large role in the development of McMahon Stadium as a multipurpose facility.

METRO NEWS SERVICES

Ice effects

• No speed skater may be hurt more by the threatened cutbacks to ice time heading into the Olympics than Cindy Klassen, below. Dr. Dave Smith, the physiologist who oversees training for the Canadian speed skating team, said on-ice summer training at the Calgary Olympic Oval is crucial to Klassen's comeback from double knee surgery.

the facilities have taken a \$40 million hit. The Oval budget has been slashed from \$3.6 million last year to \$2.1 million next year.

The regular funding partners for the Oval are the University of Calgary and Winsport, which said it doesn't have the resources to keep running it at its previous level.

Speed Skating Canada is hoping to meet with Sports Minister Gary Lunn and Heritage Minister James Moore to ask for help. It's also hoped they may get a hand from Sport Canada, the COC, or Own The Podium (OTP), created to make Canada the No. 1 nation at the 2010 Games.

TORSTAR NEWS SERVICE

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Los Angeles 2 Edmonton 1
 Ottawa 3 Boston 2
 N.Y. Rangers 3 Montreal 1
 Toronto 4 New Jersey 1
 Vancouver 4 Calgary 1
 Carolina 9 N.Y. Islanders 0
 Chicago 4 Nashville 2
 Minnesota 3 Dallas 1
 Philadelphia 2 Tampa Bay 4
 St. Louis 5 Phoenix 1
 Washington 4 Atlanta 2
 Colorado 1 at San Jose

MLB

YESTERDAY'S RESULTS

Toronto 5 Detroit 4
 Tampa Bay 3
 Chicago White Sox 4 Kansas City 2
 Minnesota 6 Seattle 5
 Milwaukee 3 San Francisco
 Atlanta at Philadelphia
 Washington at Florida
 Chicago Cubs at Houston
 Pittsburgh at St. Louis
 Colorado at Arizona
 L.A. Dodgers at San Diego

Olympic Oval cutbacks not good news for Olympians

An S.O.S.S. was sent out yesterday — Save Our Speed Skaters.

In a distress call just 10 months out from next February's Winter Olympics, Speed Skating Canada said the performances of its athletes are being compromised by dramatic cutbacks at their training base in Calgary.

What it means for the speed skaters in the short term is they're losing two months of critical training time this summer on the fastest ice in the world at the Olympic Oval in Calgary. For the long term, it could be the disintegration of this highly successful program.

"It's a bit stressful right now to think I don't know exactly what I'm going to be doing in July when I've been planning to be in Calgary training and on the ice," said sprint star Jeremy Wotherspoon.

"It's a tough time to do that leading up to the Olympics when a lot of different people — from the government, from Sport Canada, from the COC (Canadian Olympic Committee) — have announced to the public

over and over what our goals are as a country this season."

Indeed, the Canadian long track team is expected to produce 10 to 12 medals at the 2010 Vancouver Olympics as part of a plan to see the nation top the medal standings, something which speed skating standout Kristina Groves said will be a lot tougher if their training schedule is derailed.

"To compete with the best in the world, you can't marginalize ice time," said Groves.

While a good portion of their training will be at the Richmond Olympic Oval, site of speed skating for 2010, the skaters rely on the Oval in Calgary as their main training base because it has all the infrastructure they need and perfect ice conditions. The Oval in Calgary has been hit hard by the economic crunch. The legacy funds created to run



Savvy Savoy

AskMen.com's list of this year's hottest new restaurant openings around the globe is led by London's Savoy Grill, which will be run under the watchful eye of celebrity chef Gordon Ramsay. **REUTERS**

Travel

TRAVELDESK@METRONEWS.CA



Little Mermaid's big trip

The beloved statue that keeps watch over Copenhagen's harbour is leaving Denmark for the first time: The Little Mermaid will travel to China to be the centrepiece of her country's pavilion at the 2010 Shanghai World Expo. But the harbour won't be abandoned: China is sending a yet-to-be-unveiled statue to keep the Little Mermaid's place for her.

METRO NEWS SERVICES

Madrid's many charms

Great restaurants, galleries, shopping among attractions of Spanish capital

SAIDA ANTRÁS
Metro World News

There's something for everyone in Madrid — 300 days a year of sunshine, great restaurants and exciting nightlife. Art lovers can find one of the world's best collections at the Prado Museum, and cutting-edge contemporary art is featured at the Thyssen museum. Barcelona may have inspired Woody Allen, but Madrid is muse to the renowned Spanish director Pedro Almodóvar.

Where to stay**Budget**

Galaito Hostel: A simple but comfortable hotel located on Gran Via, one of Madrid's main streets, and at the heart of the shopping district around the buzzing square known as Puerta del Sol. Double room from \$95. Gran Via, 15; hostalgalaito.com.

Mid-range

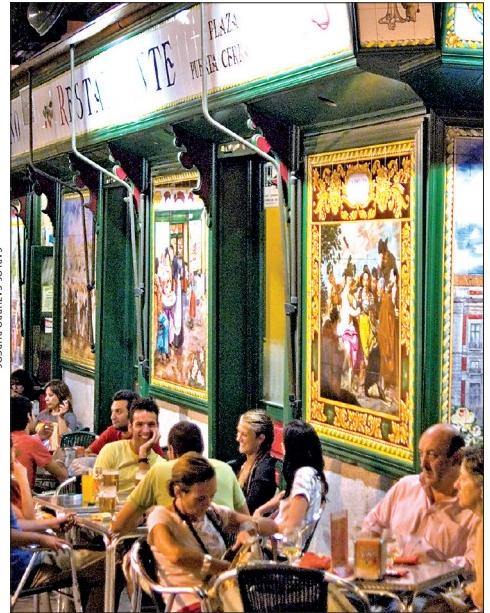
Hotel NH Eurobuilding: Right in the centre of Madrid, NH Eurobuilding hotel is surrounded by some of the city's most iconic sites, including the Europe Tower, the Picasso Tower and the Santiago Bernabeu Stadium. Corporate but stylish, with a spa. Double room from \$163. Calle Padre Damián, 23; nh-hotels.com.

Deluxe

Santo Mauro: Home to David Beckham for a couple



Left, El Rastro is said to be the world's largest flea market. Right, patrons lounge on the patio of a typical Madrid tapas bar.



of months when he arrived to play at Real Madrid, this former residence of the Duke of Santo Mauro has only 51 luxury rooms and is located in the centre of Madrid. Suites run up to \$1,500. Calle Zurbano, 36; ac-hotels.com.

ales.

Paseo del Arte: The Paseo del Arte or Art Avenue includes monuments, gardens and the best three museums around the Paseo del Prado — the Prado, the Thyssen-Bornemisza and the Reina Sofia Art Centre. The three art galleries have recently undertaken ambitious improvement and extension projects. The Prado has a new building designed by the celebrated Spanish architect Rafael Moneo and the Reina Sofia Art Centre has been enlarged by Jean Nouvel.

Retiro Park: The Retiro Park is a very popular green space in Madrid's city centre, not far from the Prado Museum and home to the large artificial lake called Retiro's Pond, which is the perfect place for a romantic boat trip. The park also con-

tains the Crystal Palace, the Statue of the Falling Angel and the Forest of the Departed, a memorial dedicated to the 191 victims of the March 11, 2004, Madrid terrorist attacks.

Gran Via: The Gran Via, built in the mid 19th century, was created to connect two urban areas, namely the Alcalá street and the Plaza de España square. It's a busy shopping and entertainment street, full of cinemas and restaurants.

Where to shop**Food**

Mantequería Bravo: Pick up a bottle of Cava, the best of Spanish cold cuts and a wedge of Don Picón de Cuena ewe's-milk cheese, earthy with rosemary and thyme; Calle Ayala, 24.

Clothes

Fuencarral Market: Located

in Chueca, which is Madrid's gay neighbourhood and one of the city's trendiest shopping areas, this market has more than 60 shops selling clothes, accessories, gifts, house decorations, shoes and records. You'll also find hairdressers, tattoo parlours, art galleries, clubs, restaurants and terraced bars; Calle Fuencarral, mdf.es.

Music

Escrídiscos: Independent record shops in Madrid are rare. Escrídiscos opened in 1977, and was the gathering place for bands in Madrid's '80s Movida movement. Nowadays it sells retro rock, psychedelic, indie and Spanish pop; Calle Navas de Tolosa, 4, escridiscos.net.

Souvenirs

Kukuxumuxu: Popular Spanish clothing firm with original designs, originally inspired by the running of the bulls at the San Fermín festival. Their fun cartoons adorn T-shirts, sweaters, notebooks, pens and even pet clothes; Calle Mayor, 47, kukuxumuxu.com.

Markets

Rastro: Purportedly the world's largest flea market, Rastro is held on Sundays and holidays from 10 a.m. to 2 p.m. The streets of the entire area are filled with stalls selling just about everything imaginable; Calle Ribera de Curtidores.

**Where to go clubbing
Underground**

Berlín Cabaret: Located in the heart of the lively La Latina district, with live music, stand-up comedy, theatre and drag queen shows almost every night. Calle Costanilla de San Pedro, 11; 8 p.m. to 3 a.m.

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A 400-year-old telescope used by the Italian astronomer Galileo, whose discoveries revolutionized astronomy, is the main attraction at an exhibition at Philadelphia's Franklin Institute. Galileo, the Medici, and the Age of Astronomy, runs until Sept. 7. **REUTERS**

Seeking remedies at the Mercado de Sonora

Double, double, toil and trouble. Where does one go to see fire burn and cauldron bubble? One good bet is the Mercado de Sonora, a sprawling outdoor shopping area in the heart of Mexico City that's the Walmart of the witch world.

It's a maze of alleyways stacked with hundreds of stalls, located on Avenida Fray Servando Teresa in the Venustiano Carranza borough.

For locals who dabble in witchcraft, or visitors looking to stray off the typical tourist trail, the Sonora

market has all your ritualistic remedies.

You can find everything from antique amulets to medicinal herbs; live snakes to mysterious brews; and animal-shaped ceramic charms to powdered potions for health, wealth and romance.

The market is loosely organized into three parts: Healing herbs, Afro-Cuban paraphernalia and black magic.

Walking amongst the tribal rattlers, taxidermy rabbits and other accessories of the underworld, I met Bertha Gutierrez Montes de Oca, a shaman who has been working in the market for 51 years. The five-foot-nothing elderly woman explained the ritualistic purpose behind the potions.

"Witchcraft plays a central role in Mexican society and medicine," she explained.

"In the half-century I've worked here, the market has grown and the faces have changed but people's hopes and desires have stayed the same — hopes for money, love, good luck,



Bertha Gutierrez Montes de Oca points out ritualistic love potions, lotions and sprays on sale at the Mercado de Sonora.

marriage and fewer problems at work are among the most popular."

Navigating a clutter of products that claim to ward off evil spirits, Bertha took me to a set of stalls selling popular love sprays. For the ladies, there are potions for better sex, long marriage and curbing a boyfriend's flirtations with other women.

For men, the art of se-

duction is a popular sell. Male customers looking to attract their heart's desire will find Bertha recommends a product called Quita Calzon.

As belief has it, men looking for love must first lather their bodies with this powder and think about the woman for whom they yearn. The power of the talcum-like potion will cause the

TheTravelJunkie

Julia Dimon



metronews.ca/traveljunkie

woman in question to succumb to the man's wildest fantasies, all for the equivalent of a few dollars.

Just in case there was truth to the bottles claims, I dabbed on a little "true love" perfume, an aphrodisiac oil that promises to attract Mr. Right. In the rat race of today's dating scene, I figured a little sorcery couldn't hurt.

From there, Bertha showed me a soap called Tapa Voca purchased by women who want to stop gossiping, and a pair of cloth voodoo dolls for women who crave more commitment in their romantic relationships. For every problem, the market sells a solution.

As for that love spray? I'm still waiting for results.

Julia Dimon is co-host of Word Travels, airing Sundays at 9:30 p.m. on OLN; juliadimon.com.

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A16: Food & Wine by Nate Appleman and Shelley Lindgren with Kate Leahy won Book of the Year from the 2009 International Association of Culinary Professionals Awards — essentially winning the Oscar of the cookbook world. METRO NEWS SERVICES



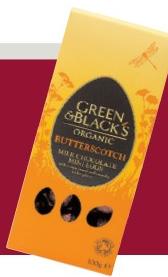
Food

Organic chocolate maker Green & Black's is turning the Easter Bunny green by reducing packaging across its premium, organic Easter range by more than 60 per cent.

METRO NEWS SERVICES

New egg

Green & Black's is introducing, for the first time ever, premium Butterscotch Mini Eggs into the Canadian Easter range.



EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Welcoming the Easter Bun-ny

À la carte


Barb Holland

metronews.ca/alacarte

Hot Cross buns have a mixed history. Some say they were part of pagan spring festival and later given the cross by monks wanting to give Christian meaning to the tradition. Other accounts tell of an English widow whose son went off to sea and she vowed to bake him a bun every Good Friday. When he didn't return she continued to bake a hot cross bun for him each year and hung it in the

bakery window in good faith that he would return. The English kept the tradition for her even after she passed away. Holiday traditions often have pagan, as well as Christian roots and many times the symbolism has been changed over time to adapt to those using it in their celebrations.

Hot Cross Buns

While it is now possible to buy Hot Cross Buns year-round, there is nothing quite like fragrant, soft and spicy homemade buns. Makes 12 buns.

INGREDIENTS:

- 1 egg
- 1 cup (250 ml) warm milk, approximately
- 1/4 cup (60 ml) granulat-



There's nothing like homemade Hot Cross Buns.

- ed sugar
- 2 tbsp (30 ml) melted butter
- 3 cups (750 ml) all-purpose flour
- 1 tsp (5 ml) each: salt and cinnamon
- 1/4 tsp (1 ml) each nutmeg and cloves
- 1 - 1/2 tsp (7 ml) bread

- machine/instant yeast
- 1/2 cup (125 ml) currants
- 1/4 cup (60 ml) chopped mixed candied peel

Glaze:

- 1 tbsp (15 ml) each granulated sugar and water

Icing:

- 1/2 cup (125 ml) icing sugar

- 1/4 tsp (1 ml) vanilla
- 1 - 2 tsp (5 - 10 ml) milk

METHOD:

In a 2 cup (500 ml) measure, light beat egg. Add enough milk to make 1-1/4 cups (300 ml). Add sugar, butter and yeast, stir and pour in a large bowl or bowl of standing mixer. Let sit 5 minutes.

In another bowl, combine flour, salt, cinnamon, nutmeg, cloves, currants and peel. Add to milk mixture and mix at low speed until a dough forms. Using hook attachment (or by hand on lightly floured surface), knead 5 to 6 minutes, or until smooth and shiny, adding more flour if necessary. Place in oiled bowl, turning to coat.

Cover with plastic wrap; let rise in warm place until doubled, about 1-1/2 hours. Push dough down, transfer to lightly floured surface. Cut dough into 12 even pieces (follow directions above from this point for shaping and baking).

Glaze:

In small saucepan (or microwaveable glass measure), stir sugar with water. Heat over medium heat until sugar is dissolved. Brush over warm buns. Let buns cool on baking sheet.

Icing:

Combine icing sugar, vanilla, and just enough milk to make an icing consistency. Spoon or pipe a cross on buns.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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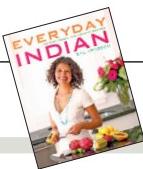
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Peter Rockwell

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Ham and lamb

Easter may be the greatest of all the holidays. As evidence let me offer a classic religious storyline, a gift-giving rabbit, painted eggs, a four day weekend and, wait for it, a fine excuse for some major eating and drinking.

Since I'm all about the liquids I love the fact that Easter is unique in that ham and lamb, and not turkey, are the menu headliners.

When it comes to ham this little piggy likes fruitier wines. Since the meat is salty, and possibly glazed, a juicy gamay- or pinot noir-based red is a perfect match as is a medium sweet white made from riesling.

An off-dry multi-blend white with good acidity is a

nice alternative and the **2007 Caymus Conundrum (\$26.95 - \$29.99)** from California's Monterey County is a knockout that rides a flavour wave loaded with citrus and tropical fruit.

Lamb (no matter the cooking style) prefers reds, especially mature juice from France's Bordeaux and Italy's Chianti region. A Spaniard from the Rioja area like **Grupo Osborne's 2002 Montecillo Reserva (\$19.99 - \$25.26)** will also do the trick. Aged in oak barrels for at least eighteen months it's a rustic plum fest with touches of black cherry, cedar and spice.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



This Italian is unimpressed

LunchRush

Carla Ciccone

metronews.ca/lunchrush

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Hours of operation: Mon - Thurs, 11 a.m. - 11 p.m., Fri and Sat, 11 a.m. - 11:30 p.m., Sun 11 a.m. - 10:30 p.m.

Rating: ½

Price range: \$\$

Reservations: Yes

Client negotiations: Yes

Lunch w/co-workers: Yes

Social Lunch: Yes

Quick solo lunch: No

Time in: 12:45 p.m.

Ordered: 1:10 p.m.

Food arrived: 1:30 p.m.

Time out: 2:10 p.m.

Total time: 1 hour and 25 minutes

Low \$: Foccacia Con

Bruschetta, \$4.95

High \$: Frutti Di Mare Af-



I ordered the Manicotti (\$12.25), which is made with spinach, ricotta and tomato sauce and baked with mozzarella cheese.

fogati, \$21.95

Lunch menu: Same Menu, daily specials

Licensed: Yes

When charming local Italian restaurant Fiore was

damaged in a fire a few years ago, a sleeker establishment was erected in its place. The building lost some of its charm; unfortunately, the food is basically the same. This restaurant is blanketed under the heading "Italian," but it is hardly so. Even Italian-American would be pushing it. I once had a plate of pasta made from a mall food court in Los Angeles that was fresher and better than the food at Fiore. Their pasta is well priced, but so is Chef Boyardee.

Let me preface this review by saying that bringing an Italian girl like myself to a less-than-spectacular Italian restaurant is always a tricky thing, and something my friends try to avoid, especially when I am there to critique it.

I ordered the Manicotti (\$12.25), which is made with spinach, ricotta and tomato sauce and baked with mozzarella cheese. It was forgettable, but not entirely unpleasant.

Italian food should be all about simplicity — simple ingredients that when put together with effort, care and love, can make a seemingly uncomplicated dish sing with flavour.

"Let me preface this review by saying that bringing an Italian girl like myself to a less-than-spectacular Italian restaurant is always a tricky thing."

This passion is what ignites people's appetite for great Italian food — and this passion was no where to be found at Fiore.

The service was friendly, but slow. We waited a good ten minutes for our drinks even though the restaurant was quiet. I'll be the first to admit that Italians may like to take their time — but being that the only thing authentically Italian about this restaurant is its name — time is of the essence.

I'll give Fiore credit for trying. Their restaurant is quite nice looking and the waiters polite — but when it comes to Italian dining — I'd rather be in a hole-in-the-wall eating great, authentic dishes than in a sleek setting being served food made with overwhelming ingredients that make Prego sauce seem gourmet.

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Recently married Canadians can do their act of green this April by buying or selling a gently used wedding dress. For more information, visit SmartBrideBoutique.ca, a free, local, online classifieds site in nine cities across the country. **METRO NEWS SERVICES**

Style



EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Try a hat trick this spring

Punctuate your look with the season's hottest tête-toppers

BRIAN COULTON
for Metro Canada**Men, shelfe your wax and gel. Ladies, ditch those barrettes and headbands.**

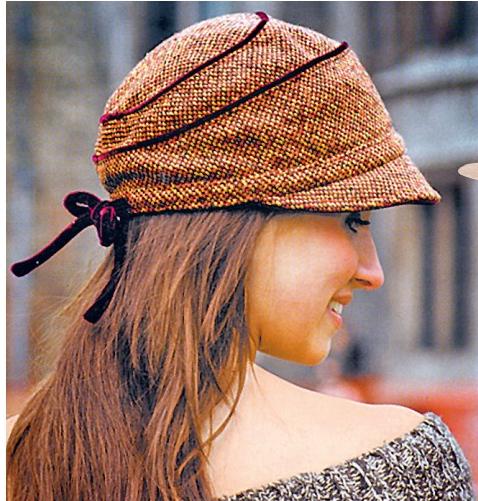
There's a new tête-topper in town, and without one, your spring style may read like an unfinished statement.

All right, so the hat isn't exactly anything new. Edie Orenstein knows that well. She's the eponymous creator of Vancouver store Edie's Hats. Over the course of the boutique's 25-year history, she's noticed that, while many people often admire hats, they say they'd never wear one.

"Who made up this rule?" asks Orenstein, with a laugh. She says hats are about giving permission to express oneself, likening the body and its fashion accessories to a sentence's nuts and bolts.

"A hat on top of the head is like a punctuation mark on the end of a sentence. When people leave their heads naked, they're not finishing the end of what they're saying. It's a lack of confidence about what they're saying."

For women wondering how to punctuate their look, Orenstein suggests the classic school girl hat. "It's a round shape that you wear close around the head and has a little peak on it," she says, pointing out the profusion of different fabrics and trimmings the hat



The classic school girl hat from Edie's Hats in Vancouver, \$35.

can consist of. "It's a cool little cap that pretty well everybody that wears hats has two or three of."

To tailor a more romantic look, circa 1920s, Orenstein recommends a cloche. Named for its shape, the hat is named after the French word for "bell."

"The cloche is probably one of the most popular shapes for women, bar none," Orenstein says. Cloches are made from an assortment of materials like cloth, felt, silk, leather, cotton or linen, offering a different feel depending on the fabric.

But the most popular icon in hats today, says

Orenstein, is the fedora. "The fedora is this amazing creature that is everywhere, all over the world."

It's all over Aldo stores in Canada and the fashion franchise's public relations co-ordinator Michael Pilling encourages the style for men looking to contribute a hat to their closet.

"Fedoras are key!" says Pilling. "The fedora adds a stylish retro spin to any man's outfit." And considering the many shapes, colours and styles available, he says a fedora can fit anyone's personal style. "The fedora is a truly versatile hat — casual or chic. This season it's all in the

Holding the key to chic

Being a keyholder has never been so fashionable — now comes Tiffany & Co.'s new Key Collection, inspired by the company's own key archives. Suspended from fine, ball or oval-link chains, designs include medallion, heart, flower-topped and diamond-adorned keys. The sterling silver keys start at \$130 and \$65 for the chain; prices vary for the diamond and platinum versions. To find a store near you, call 1-800-TIF-0110 or visit tiffany.ca.

METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Sun hat in the city



Straw hat, Aldo, \$30.

• Aldo's Michael Pilling calls this vast-brimmed number "fabulous" and compares it to the one worn by Kim Cattrall's Samantha character in the Sex and the City movie.

BRIAN COULTON/
FOR METRO NEWS CANADA

way you wear it: on the back of your head, to the side, or right on top."

FlareFashion

Lisa Tant

Read the blog at
metronews.ca/flarefashion

Style coast to coast trends



Chic: "My style icon is Katie Holmes," says Toronto's Ashley McClure, 24, spotted at Yorkville Street and Avenue Road. "My favourite item that I own is my Jas M.B. purse (pictured) ... I (also) love skinny jeans."



Eclectic: Calgary's Jesse Ebaugh, 27, is sporting a jacket a friend gave him, vintage thrift shop Levi's jeans, Mexican-made cowboy boots, a hat bought at a U.S. truck stop and sunglasses found in a thrift shop.

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Not so Desperate

Victoria Beckham is "too busy" to appear on *Desperate Housewives*. Eva Longoria, who stars on the show, hoped Victoria would land a cameo — but the former Spice Girl can't fit it into her schedule. FEMALEFIRST.CO.UK

Easter on film

STEVE GOW
for Metro Canada

Friday at home with one of these five movies instead:

Movie feature

Unlike Christmas, with its more marketable associations to Santa Claus, flying reindeer and snowmen that mysteriously come to life, Hollywood typically tends to shy away from the crucifixion and resurrection of Jesus Christ and its bizarre association with a bunny that hides chocolate eggs. Go figure.

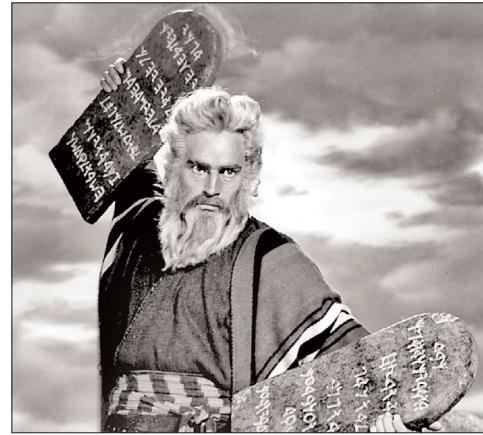
Still, while Easter may be hard to find at your local multiplex these days, cinema is not without a few classics that mark this season's biggest holiday. So, if you are in the mood for some Easter-themed entertainment, you may consider having a Good

• THE GREATEST STORY EVER TOLD (1965): A chronicle of Christ's life, Max von Sydow stars in what has been described as the "definitive movie of the Easter story." More than that, where else are you able to get Pat Boone, Sidney Poitier, Telly Savalas and Jamie Farr in the same film?

• THE PASSION OF THE CHRIST (2004): If you want a darker experience this holiday, this Mel Gibson-directed epic is not for the faint of heart. Controversial, shocking and by some accounts, anti-Semitic, The Passion details the excruciating final hours and crucifixion of Christ.

• THE TEN COMMANDMENTS (1956): Long before Charlton Heston was preaching about the right to bear arms (remember his "pry it from my cold dead hands" speech?) he starred as Moses in this huge Passover epic. Directed by Cecil B. DeMille, this classic follows Moses as he leads slaves from the tyranny of a pharaoh, parting the Red Sea along the way.

• BEN HUR (1959): Heston went biblical again three years later, starring as a wrongly-accused prince who sought revenge upon his accuser during the time of Christ. Ben Hur not only won a stunning 11



Charlton Heston starred in *The Ten Commandments*.

Academy Awards, but it apparently resurrected MGM studios from bankruptcy.

• THE PRINCE OF EGYPT (1998): For a lighter holiday-themed story, look no further than this animated family film. Sure, it's a little disarming hearing Val

Kilmer as the voice of Moses when you are used to the boom of Charlton Heston, but this feature stays resonant by dealing in matters of slavery and notions of faith. Funny, I don't remember those issues coming up in *Space Chimps*.

Hollywood in grip of remake fever

MOVIES The impressive opening of *Fast & Furious* during the weekend not only proves there's gas in that franchise, it also gives fuel to Hollywood's obsession with movies based on, well, other movies.

The 1980s have turned into a full-fledged garage sale of titles. Romancing the Stone, Footloose, A Nightmare on Elm Street, Dune, The Karate Kid, RoboCop, The Big Chill, Arthur, Ghostbusters, Red Dawn and The NeverEnding Story are but a few of the titles from that decade being developed in Hollywood.

Kiss fans to route upcoming tour

MUSIC Fans will have a say in where Kiss plays on its upcoming tour of the U.S. and Canada.

In a first for a major music act, the rock band's tour will be routed entirely based on demand expressed by fans at social networking site Eventful.

Fans across the U.S. and Canada can cast their votes at eventful.com/Kiss to have their town included on the 2009 North American tour.

REUTERS

critics'corner

Just for Laughs 25th Anniversary

Over the past 25 years, the Montreal International Comedy Festival has welcomed some of comedy's biggest names and rising stars. This silver anniversary salute counts down the 25 most memorable performances from the festival as voted on by fans at CBC's Web site. Jerry Seinfeld, Russell Peters, Dave Chappelle and Jon Stewart are among those you can expect to see. 8 PM on CBRT



In brief

CASTING Rob Schneider has joined the cast of the romantic comedy *You May Not Kiss the Bride*. The project is about an American pet photographer who gets mixed up with Croatian mobsters while on his honeymoon with a gangster's daughter.

CASTING Maria Bello is in final negotiations to join the all-star comedy cast of an untitled film project produced by Adam Sandler. The script revolves around high school friends who reunite 30 years later. Sandler, Kevin James and Chris Rock are part of the ensemble cast. REUTERS

Outlaw Bikers

They prefer the distinction "motorcycle club," not "gang," thank you very much. This series, starting its third season, uses stock footage, dramatic re-creations, and interviews with bikers and police officers to give viewers a peek inside these organizations. This season focuses on three notorious groups: the Bandidos, Outlaws and Warlocks. 2 PM on HIST

Kenya's Style
Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

| | Vu | SC | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---------------|--|--|---|--|---------------------------------|------------------------|---------------------------|------------------------|------------------------|-------|-------|
| 4/8/09 | | | | | | | | | | | |
| prime time | | | | | | | | | | | |
| | 267 351 - ACCESS | Alberta Primetime (Live) | Law & Order "Sweetie" | America's Next Top Model (N) | Lost "Dead Is Dead" (N) | Primetime | | | | | |
| | 243 317 3 CFCN etalk | Hollywood | CSI: NY "Prey" (N) | Criminal Minds (N) | American Idol (HDTV) | News (N) | | | | | |
| | - 4 OMNI Two/Half Men | The Simpsons | News | The Simpsons King | Metropia | | | | | | |
| | - 371 5 KXLY 4 News at 6 | 4 News at 6:30 | Entertainment | The Insider (N) | Scrubbs | Better Off Ted | Lost "Dead Is Dead" (N) | The Unusuals | | | |
| | 245 306 6 CBRT Coronation St. | Jeopardy! (N) | Just for Laughs 25th Anniversary | Holmes in New Orleans | Lie to Me (HDTV) (N) | CBC News: The National | The Hour | | | | |
| | 244 338 7 CICT ET Canada | Entertainment | Holmes in New Orleans | Lie to Me (HDTV) (N) | (10:02) The Unusuals | News Hour | | | | | |
| | 246 - 8 CKAL Law & Order: SVU | Murdoch Mysteries | Scrubs | Friends | Nip/Tuck "Bud Sabre" | Your City | | | | | |
| | 119 705 9 CBXFT (Virgin) (SC) | L'Épicerie | Tous Pour Un (HDTV) (N) (SC) | Le Match des étoiles (SC) | Le Téléjournal et Les Nou | TJ Alberta | | | | | |
| | - 10 SHAW (6) Local Programming | | | | Local Programming | | | | | | |
| | - 372 12 KREM News (N) | Hollywood | The Doctors | Old Christine | Gary Unmarr | Criminal Minds (N) | CSI: NY | | | | |
| | - 374 14 KSPS NewsHour With Jim Lehrer | JM Cousteau: Ocean | American Masters (HDTV) (N) | American Masters (HDTV) (N) | | | Betty Ford | | | | |
| | 502 390 15 CBC CBC News: The National | Jelly Fish Invasion | CBC News: The National | CBC News: The National | | | Jelly Fish | | | | |
| | - 370 16 KHQ News (N) | Be-Millionaire | Jeopardy! (N) | Wheel-Fortune | Law & Order (HDTV) | Life (N) | Law & Order | | | | |
| | - 373 22 KAYU The Simpsons | Raymond | Two/Half Men | Two/Half Men | Lie to Me (HDTV) (N) | American Idol (HDTV) | News (N) | | | | |
| | 297 652 37 WPIX America's Next Top Model (N) | PIX News at Ten Tong. | Two/Half Men | Friends | Sex and City | According-Jim | Frasier | | | | |
| | 500 500 29 CNN Larry King Live (N) | Anderson Cooper 360 (HDTV) | SportsCenter (HDTV) (Live) | UEFA Champions League Soccer: Quarterfinal | Larry King Live Michael J. Fox. | Cooper 360 | | | | | |
| | 508 502 31 CNN2 Lou Dobbs Tonight | Nancy Grace | Showbiz Tonight | Lou Dobbs Tonight | Lou Dobbs Tonight | Nancy Grace | | | | | |
| sports | 400 400 21 TSN NHL Hockey | Sportsnet Con. | MLB Baseball Los Angeles Dodgers at San Diego Padres. | Sportsnet Con. | | | | | | | |
| | 408 418 27 net MLB Baseball | | | | | | | | | | |
| | 410 403 30 SCORE WWE Raw | NBA Basketball | Utah Jazz at Dallas Mavericks. (Live) | | Score Tonight | Final Score | | | | | |
| | 411 457 44 OLN Mantracker | Bounty Hunter | Bounty Hunter | Departures | Mantracker | Mantracker | Bounty Hunter | | | | |
| | 417 406 48 SPEED Pink (HDTV) | Drag Race | Drag Race | Wrecked | Pimp My Ride | Pass Time | Amer. Thunder | Pinks Outtakes | Pinks (HDTV) | | |
| family | 552 543 20 YTV Drake & Josh | iCarly | In Real Life (N) | Prank Patrol | Malcolm-Mid. | Futurama | Karaoke Star Junior | Falcon Beach | | | |
| | 557 541 39 FAM Zoey 101 | Life Derek | Wizards-Place | Han. Montana | Zack & Cody | Latest Buzz | Wizards-Place | Life Derek | Ned's School | | |
| | 555 545 67 TOON Ben 10 | Johnny Test | Totally Spies | Total Drama | 6TEEN | Futurama | American Dad | Robot Chicken | Reba | | |
| | 575 583 11 CMT Reba | Reba | Hope & Faith | Hope & Faith | Totally "2000" | Home Improve. | Home Improve. | Reba | | | |
| | 553 546 17 TREE Little Bear | Bucket-Dinos | Comfy Couch | Big & Small | Max & Ruby | Babar | Backyardigans | Dora-Explorer | Go, Diego, Go! | | |
| | - 18 CHTV The Insider (N) | El News | Running Heels | Women on Top | Knight Rider | | Janice Dickinson Modeling | News (N) | | | |
| | 505 398 19 TWN (5) EarthWatch One | EarthWatch One | EarthWatch Two | | | | | | | | |
| | 602 568 23 W Style by Jury | Style by Jury | Will & Grace | Friends | Grocery Bag | Grocery Bag | Supersize vs. Superskinny | Stuck (N) | | | |
| | 521 560 24 TLC Jon & Kate | Jon & Kate | Jon & Kate | Skiing | Jon & Kate | Jon & Kate | Jon & Kate | Jon & Kate | | | |
| | 603 561 25 FOOD Iron Chef America | Ultimate Recipe Showdown | Opening Soon | Opening Soon | Unwrapped | Unwrapped | Diner, Drive-In | | | | |
| | 615 520 26 A&E Dog the Bounty Hunter | Bounty Hunter | Exterminators | Exterminators | Bounty Hunter | Bounty Hunter | Bounty Hunter | Bounty Hunter | | | |
| | 617 522 32 SHOW Wife Swap | The Outer Limits | Cashing In | About a Girl | G-Spot | Cock'd Gunn | Star Trek: Cock'd Gunn | Star Trek: Cock'd Gunn | Star Trek: Cock'd Gunn | | |
| | 601 562 33 SLICE End of Leash | End of Leash | End of Leash | End of Leash | ET Canada | Tilt Deb-Part | Real Housewives OC | Trading Sp | | | |
| | - 633 34 ENCL Usual | (7:20) Uncut Gem ** (1989, Suspense) | North by Northwest **** (1959, Suspense) | Carry Grant, Eva Marie Saint, | | | | | | | |
| | 520 505 35 DISC Deadliest Catch | Mayday | Daily Planet | MythBusters Whirlpools. | | | Dirty Jobs | | | | |
| | 620 523 36 BRAVO Wingfield | Death at-Opera | Broadway | Without a Trace | | | Undisputed | | | | |
| | 294 650 40 WPCH (6) Matrix (1999, Science Fiction) | Seinfeld | Family Guy | The Matrix *** (1999, Science Fiction) | | | | | | | |
| | 628 547 41 COM Laughs | Comedy Now | Air Force | Just for Laughs | Corner Gas | The Simpsons | South Park | Don Jose Show | | | |
| | - 539 42 TCM Little Fugitive | Lovers and Lollipops *** (1956, Drama) | Weddings and Babies *** (1958, Drama) | Deadliest Warrior (HDTV) | CSI: NY "Cold Reveal" | Ruth Orkin | Little Fugitive | | | | |
| | 628 584 43 SPIKE UFC Unleashed (HDTV) (N) | The Ultimate Fighter (N) | The Ultimate Fighter (N) | Deadliest Warrior (HDTV) | CSI: NY "Cold Reveal" | | Ult. Fighter | | | | |
| | 522 516 45 HISITE Outlaw Bikers | NCIS "Trojan Horse" | Outlaw Bikers | | | | | | | | |
| | 627 528 46 SPACE Primeval | Stormworld (N) | Grant Star | Stargate SG-1 | Ice Road Truckers | | | | | | |
| | - 47 AMC (6) Passenger (57) (1992) | Commando *** (1985, Action) | Arnold Schwarzenegger. | Star Trek: Next Gener. | Commodities | Business News | Squeeze Play | | | | |
| cable variety | 619 525 49 TROP What Happen? What Happen? | Vanity Insanity | Ad Persuasion | Ad Persuasion | Headline | Market Call | Judging Amy | Medium | | | |
| | 600 564 50 HGTV Unsellable | Hid Potential | House Hunters | House Hunters | Holmes-Homes | Holmes-Homes | Holmes-Homes | Holmes-Homes | | | |
| | 501 391 52 CTV CTV Newsnet | News | CTV Newsnet | News | CTV Newsnet | News | CTV Newsnet | News | | | |
| | 504 508 70 BNN Squeeze Play | Market Call | Headline | Market Call | Star Trek: Next Gener. | Star Trek: Next Gener. | Trek: Voyager | | | | |
| | 526 507 92 VIVA Medium | Psychic Detect | Mediums | Mediums | Encounters | Commodities | Business News | Squeeze Play | | | |
| | 269 350 93 APTN Canadian Geographic | Reel Insights | Psychic Detect | Mediums | Judging Amy | Judging Amy | Judging Amy | Medium | | | |
| | - 94 ICMT (6:30) News | News | Eight Heroes | Mom's-Upset | 500 Nations (Part 2 of 8) | Miyawayin | Find. Our Talk | Wings-Canada | | | |
| | 571 581 100 MMM Gimme Sugar | Gimme Sugar | Entourage | Van. Nights | Iranian Pop | Sabor Latino | Sabor Musical | | | | |
| | 570 580 101 MM Video on Trial | Video on Trial | Video on Trial | Video on Trial | PunchMUCH | PunchMUCH | America's Best Dance Crew | disBand | | | |
| | 581 566 102 MTV The Hills | The Hills | Real World-Road Rules | MTV Live | After | Fantasy Fact. | Nitro Circus | Real World-Rd | | | |



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The Hills

8:00pm

The Hills Aftershow

8:30pm

G's to the Gents

8:00pm

The Duel 2

Season Premiere

8:00pm

Taking the Stage

8:00pm

Rob Dyrdek's Fantasy Factory

8:00pm

Nitro Circus

8:30pm

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

mtv.ca

22 entertainment



Tori Spelling is reportedly planning to design a range of clothing for children. The actress says that her two children inspired her forthcoming Little Maven range, which has long been a dream of hers, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

LiLo and Sam over

BREAKUP After countless rumors and Twitter and MySpace updates, Lindsay Lohan finally made her split from Samantha Ronson official.

"We are taking a brief break so I can focus on myself," Lohan told E! News.

Ronson seems to be taking the split in stride. On her MySpace page, her current mood is listed as "happy."

"Is (Lohan) upset? Yes. Has it been a rough week? Yes," a source close to Lohan told people.com. "But her family's around her and she's just focusing on business right now."

While a source says Ronson's family is hoping the split will be for good, those in Lohan's camp want the actress to focus on herself for a bit.

"The important thing is that she's taking space and time to breathe," the source added to the magazine. "That's what her family is here to do — help make sure she takes care

of herself."

Meanwhile, Us Weekly reports that the DJ's family is taking things a bit more seriously, going so far as to seek a restraining order against Lohan.

METRO WORLD NEWS



Robert's daring audition falls flat

CAREER Robert Pattinson once dressed in women's clothing to audition for a role as a transsexual — but was stunned to see a room full of hopefuls had the same idea, femalefirst.co.uk reports.

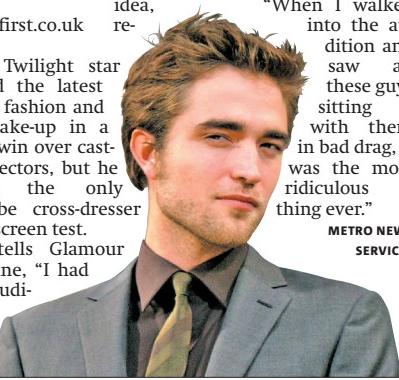
The Twilight star donned the latest female fashion and full make-up in a bid to win over casting directors, but he wasn't the only wannabe cross-dresser at the screen test.

He tells Glamour magazine, "I had an audition to play a

transsexual prostitute and thought I'd be the only person going for it, so I went out of my way and put loads of make-up and women's clothing on.

"When I walked into the audition and saw all these guys sitting with there in bad drag, it was the most ridiculous thing ever."

METRO NEWS SERVICES



Kate the cook?

CAREER Supermodel Kate Moss is picking up a new career: Cookbook author.

According to the Daily Mirror, Moss is coming out with a book of her own takes on popular recipes. She reportedly got the idea from her good friend, Stasha Palos, who has also written her own cookbook.

"Kate recently cooked (her boyfriend) Jamie a slap-up Jewish meal following kosher techniques from Stasha," a source tells the newspaper. "She loves her easy-to-follow recipes. It's all she's been talking about."

METRO WORLD NEWS



Birds and bees talk not awkward for Zac

PEOPLE Zac Efron says parents must be "passionate" about sex, femalefirst.co.uk reports.

The High School Musical actor — who is dating his co-star Vanessa Hudgens — says it is important for adults to be enthusiastic when discussing sex and contraception with their children.

Speaking about his talk with his father David Efron, Zac said: "I just feel like my dad, at one point, had that conversation with me and my little brother, and always delivered it very well. He was very passionate about it."

The 21-year-old hunk re-

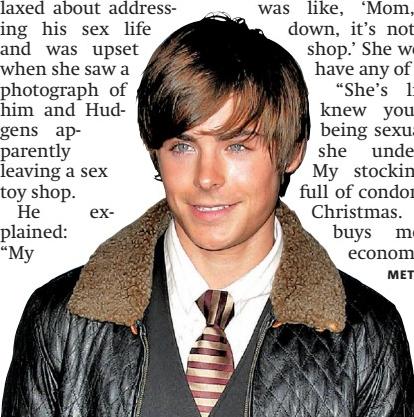
cently admitted his mother Starla is not quite so relaxed about addressing his sex life and was upset when she saw a photograph of him and Hudgens apparently leaving a sex toy shop.

He explained: "My

mom is like, 'Zac, what did you buy in a sex shop?' I was like, 'Mom, calm down, it's not a sex shop.' She wouldn't have any of it.

"She's like, 'I knew you were being sexual!' But she understood. My stocking was full of condoms this Christmas. She buys me the economy box."

METRO NEWS SERVICES



Behind the scenes at the Hills

PEOPLE Lauren Conrad recently celebrated her last day of filming for her MTV reality show, The Hills, to which she will not be returning.

But the folks behind the show wanted to make sure

they had enough material of her going forward, so they got creative, according to Gatecrasher.

"The producers would make Lauren react to a lot of potential scenarios, because they're not yet sure how the finale will play out with the other characters," says a source.

"They would literally give her directions like,

"Now react to Stephanie Pratt being pregnant!" Lauren would just giggle and go for it. She also had to pretend to react to a fake story line about Audrina and Brody hooking up."

METRO WORLD NEWS



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METRO WORLD NEWS

Amy back to usual antics

PEOPLE Back at her Caribbean retreat on St. Lucia for barely a week, and Amy Winehouse is already up to her usual antics.

The troubled singer reportedly shocked fellow resort guests by streaking half-naked through a kid-packed pool area after being told she couldn't

hang out on the beach topless, according to the Daily Mail.

"Everyone was shocked," said an onlooker. "One minute Amy was relaxing with friends on the beach and the next she was running around half-naked."

METRO WORLD NEWS



Angie not eating?

RUMOUR While shooting her latest film, Salt, in New York, Angelina Jolie reportedly collapsed and had to seek medical attention, according to Britain's Now Magazine.

Sources claim that the trouble stems from the fact that Jolie hasn't been

eating properly and working overtime.

"She collapsed between takes, complaining of shortness of breath and dizzy spells. She never eats properly when she's upset," a source tells the magazine.

"Food is the last thing on her mind. She'll ignore breakfast, pick at lunch and skip dinner."

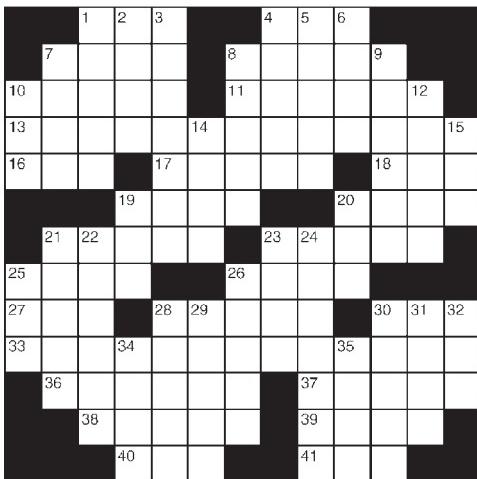
METRO NEWS SERVICES





Andrew Schultz, Weather Specialist – Breakfast Television
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WEEKDAYS AT 6 A.M.

**Crossword across**

- 1 Roman "Aloha"
 4 Scrooge's outcry
 7 Pinnacle
 8 Regional
 10 Rx, for short
 11 French painter
 13 With 33-Across, aphorism
 16 Lair
 17 Neckwear of a sort
 18 Aye underway
 19 Son, on the Seine
 20 Tour de France need
 21 "Goosebumps" author
 23 Home
 25 Moby's pursuer
- 26 Suitable
 27 Supporting
 28 Flight component
 30 Irate
 33 See 13-Across
 36 Asian capital
 37 Throwing game ring
 38 Jockey's handful
 39 — Major
 40 Pop
 41 — out a living

Crossword down

- 1 Chef's garb
 2 Bridal cover
 3 Clarify
 4 Drum type
 5 Uneasiness
 6 Rodgers collaborator
 7 Farm fraction
 8 Galvanizing agents
 9 Nikita's successor
 10 Despondent
 12 Cobra or copperhead
 14 Capri, e.g.
 15 Storm center
 19 Teesy tale
 20 Tarzan's son
 21 Piglet
 22 Toothpaste target
- 23 Related (to)
 24 Embellished style
 25 Kabul's land (Abbr.)
 26 Refuge
 28 Old photo tint
 29 Pollster's find
 30 Deer kin
 31 Largest of the seven
 32 "Spring ahead" hrs.
 34 Wasted no time
 35 Gloom

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| L | I | M | B | C | A | D | S | N | A | P |
| A | D | A | R | O | E | C | U | R | E | T |
| M | E | T | E | H | A | M | R | A | D | I |
| B | A | H | A | M | A | S | O | R | E | A |
| M | E | S | S | T | A | N | F | A | A | D |
| E | S | S | T | A | N | F | A | A | A | O |
| M | E | S | T | A | N | F | A | A | A | O |
| E | S | S | T | A | N | F | A | A | A | O |
| M | E | S | T | A | N | F | A | A | A | O |
| E | S | S | T | A | N | F | A | A | A | O |
| M | E | S | T | A | N | F | A | A | A | O |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|--|--|
| 8 | 3 | 6 | 4 | 2 | 9 | 1 | 7 | 5 | | |
| 7 | 9 | 5 | 8 | 1 | 3 | 6 | 4 | 2 | | |
| 1 | 2 | 4 | 7 | 6 | 5 | 3 | 8 | 9 | | |
| 9 | 8 | 1 | 6 | 3 | 7 | 2 | 5 | 4 | | |
| 6 | 5 | 2 | 1 | 9 | 4 | 7 | 3 | 8 | | |
| 3 | 4 | 7 | 2 | 5 | 8 | 9 | 1 | 6 | | |
| 5 | 1 | 3 | 9 | 8 | 6 | 4 | 2 | 7 | | |
| 4 | 6 | 8 | 3 | 7 | 2 | 5 | 9 | 1 | | |
| 2 | 7 | 9 | 5 | 4 | 1 | 8 | 6 | 3 | | |
| | | | | | | | | | | |

Find today's answers + play more games at metronews.ca

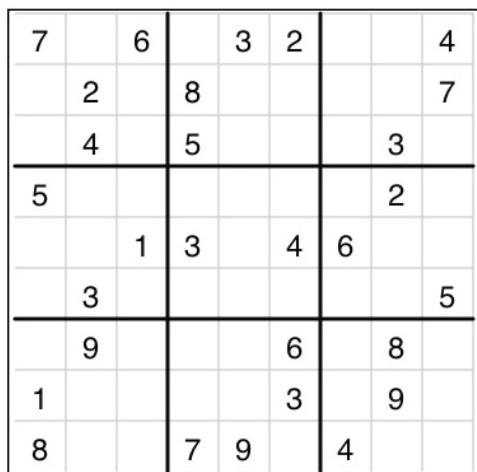
SUDOKU SOLVE TIME: 17-21 minSmart
 Under 13 minGenius
 13-17 minScholar

21-25 minNot Bad
 25+ minKeep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**Horoscopes**

ARIES
MARCH 21-APRIL 20

 Something inspiring occurs in a danger zone. A lost person takes pleasure in your company. Listening to an authority is more enjoyable.

LIBRA
SEPT 23-OCT 23

 Avoid making late phone calls. Someone helps you to make your life change. You won't believe sympathetic remarks.

TAURUS
APRIL 21-MAY 21

 A daydream is a brief pleasure trip. Someone won't agree to a change. Make a plan to satisfy an appealing woman.

SCORPIO
OCT 24-NOV 22

 Being impulsive can do wonders for your health. An enthusiastic guy will smile at you. A man changes the pace of a romance.

GEMINI
MAY 22-JUNE 21

 An imperfect man's easy-going approach works the best. Someone needs to be referred to a specialist. Learn to be patient during hard times.

SAGITTARIUS
NOV 23-DEC 21

 Spend time pleasing the people who love you. You're not sure of what you want. An insensitive woman grants a favour.

CANCER
JUNE 22-JULY 22

 There aren't too many people giving you advice. A medical issue leads to a quick solution. Someone is sorry about their missed chances.

CAPRICORN
DEC 22-JAN 20

 You need to get more sleep. Somebody doesn't want to be a hero anymore. A sweetheart comes up with a solution.

LEO
JULY 23-AUG 23

 Do the right thing when a girl says no. A soft-hearted person is fun to watch. Treat yourself to one of your favourite things.

AQUARIUS
JAN 21-FEB 18

 Keep an open mind with a special friend. An idea is strictly for fun. Don't discuss finances with a stubborn person.

VIRGO
AUG 24-SEPT 22

 You want more time with someone. Moody people can't stop dancing around a problem. An opportunity is beneath you.

PISCES
FEB 19-MARCH 20

 Other people are stressed out over money. A romantic prospect demands more attention. Listen to your heart for greater understanding.

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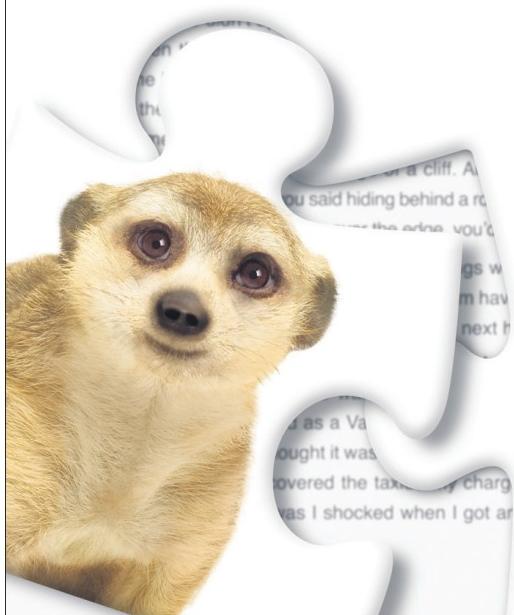
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No term \$499.99



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(3 year term)
No term \$549.99



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No term \$599.99



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822 Crowfoot Cres. NW
207 14th St. NW

NORTHEAST

Country Hills Town Centre
Deerfoot Mall
Marlborough Mall
Sunridge Mall
2420 42nd Ave. NE
1353 32nd Ave. NE
2520 23rd St. NE
2000 McKnight Blvd. NE
323 - 2555 32nd Ave. NE

SOUTHWEST

Bankers Hall
Bow Valley Square
Chinook Centre
MacLeod Plaza
Southcentre Mall
TD Square
Westbrook Mall
Westhills Towne Centre
6039 Centre St. S
835 17th Ave. SW
245 - 225 7th Ave. SW
16061 MacLeod Trail S
264 - 6100 MacLeod Trail S
1 - 4623 Bow Trail SW
203 - 321 6th Ave. SW
5 - 2008 33rd Ave. SW
4825 MacLeod Trail S

SOUTHEAST

Dragon City Mall
TELUS Convention Centre
856 - 33 Heritage Meadows Way SE
1288 42nd Ave. SE
7845 Flint Rd. SE
4410 50th Ave. SE
3012 17th Ave. SE
10836 24th St. SE
109S - 8500 MacLeod Trail S
4949 Barlow Trail SE
Okotoks
181 - 31 Southridge Dr.
118 Elizabeth St.
Strathmore
8 - 55 Wheatland Trail
103 - 331 3rd Ave.

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